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Wednesday, August 2, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

JOHN BOYEGA KEEPS IT REAL

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WELCOME TO METRO.US!

ERIN TIERNAN, WEB REPORTER
This New Yorker found out just how small the city can really be when she ended riding the same train every day with the Tinder date that ghosted her. Read more at **metro.us/lifestyle.**

WRAY CONFIRMED BY SENATE TO LEAD FBI

The U.S. Senate on Tuesday confirmed former Justice Department lawyer Christopher Wray as FBI chief, nearly three months after the agency's previous director, James Comey, was fired by President Donald Trump. Wray, who was confirmed by vote of 92-5, will take charge of the country's top domestic law enforcement agency during a federal probe into allegations of collusion between the Trump presidential campaign and Russia.

TILLERSON: US WOULD LIKE DIALOGUE WITH N. KOREA

The United States does not seek to topple the government of North Korea and would like to have a dialogue with Pyongyang at some point, Secretary of State Rex Tillerson said on Tuesday. "We do not seek a regime change, we do not seek a collapse of the regime, we do not seek an accelerated reunification of the peninsula, we do not seek an excuse to send our military north of the 38th Parallel," Tillerson told reporters at the State Department. "We are not your enemy ... but you are presenting an unacceptable threat to us, and we have to respond. And we hope that at some point they will begin to understand that and we would like to sit and have a dialogue with them."

5 THINGS YOU NEED TO KNOW

SURFS UP

Coco Ho carves the wave during her Round 1 heat at the Vans US Open of Surfing on Tuesday in Huntington Beach, California.

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SEED FUNDING SLOWS IN SILICON VALLEY

The bloom is off seed funding, the business of providing money to brand-new start-ups, as investors take a more measured approach to financing emerging U.S. technology companies. Seed-stage financing has been sliding for the last two years, with the number of transactions down about 40 percent since the peak in mid-2015, data show. Dollar investments in fledgling companies have also declined, although less dramatically, dropping more than 24 percent over the same period. The slowdown comes despite an explosion of interest by wealthy individuals and foreign investors looking to park money in the next big thing. And it has potentially big implications for Silicon Valley. Early-stage funding is the lifeblood of a technology ecosystem built on risk-taking.

VENEZUELA JAILS OPPOSITION LEADERS

Venezuela jailed two leading critics of President Nicolas Maduro on Tuesday in a fresh blow to the opposition after the election of a new political body with absolute powers to strengthen the hand of the leftist government. In a statement announcing the jailing of opposition leader Leopoldo Lopez and veteran politician Antonio Ledezma, the pro-government Supreme Court said they were planning to flee the country and had violated terms of their house arrest by making political statements and speaking to media. But government opponents called the abrupt removal of the men from their homes by security forces in nighttime raids a sign of Maduro's determination to silence rivals and stamp out four months of massive street protests against him.

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How to talk to your transgender kid about Trump

"The rights that kids had, even just six months ago, are really untenable and on unsteady ground," said Dr. Aron Janssen of NYU Langone Health.

NIKKI M. MASCALI
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Despite campaign trail promises to fight for LGBTQ individuals, President Donald Trump's actions toward the community, especially transgenders, have been quite the opposite.

First, Trump removed Obama-era bathroom protections for transgender students in February. Last week, he announced via Twitter he would ban transgender personnel from serving in the U.S. military.

While the Pentagon is awaiting official orders on the proposed ban, both declarations have made many Americans uneasy — especially the youngest members of the LGBTQ community.

"It's sending a tremendous amount of negative imaging around transgender folks that being transgender, that the identity in and of itself is a burden, that who you are is less than, that you should not have access to the same responsibilities, rights and opportunities that cisgender people have," said Dr. Aron Janssen, child psychiatrist and director of the Gender and Sexuality Service at the Child Study Center at NYU Langone Health.

Since the election, the Child Study Center, which launched in 2011 and serves kids from age 2 through young adulthood, has seen an uptick in discussions about Trump.

"I'm hearing kids tell me that they're fearful about what this will mean for their future, what it will mean for their safety, what it will mean when school starts back up in the fall with this a topic of conversation," Janssen said.

With the new school year just around the corner — and incidents around the country in which students use the president's own words to harass and bully their classmates on the rise — parents and providers need to have an open discussion with their kids, both trans and cis.

"I always suggest that parents ask a lot of questions. Kids understand a lot more than adults often give them credit for," Janssen said. "They have reactions, thoughts, feelings. It's our job to help elicit those and support them, but not to rush to conclusions."

But don't get hung up on *how* to go about asking questions, Janssen warned.

"There's never going to be a 'right' way of doing this. I think just doing it at all is enough," he said. He suggests saying, "You heard about the transgender ban. What do you think about that?" or "What kind of discussions are you and your friends having about this?"

Responding to bullying is not the victim's responsibility, Janssen said.

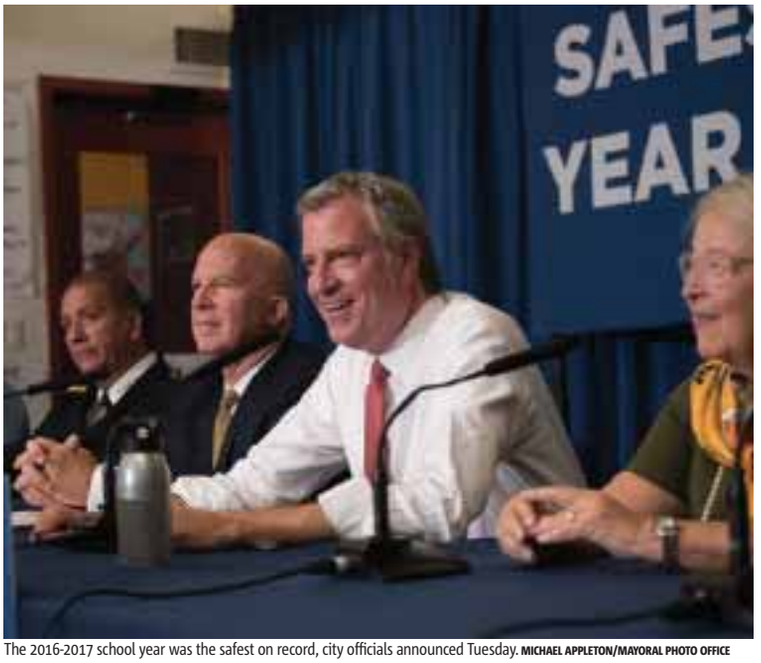
"It is the system's responsibility, the adults who are tasked with providing a safe educational environment for children," he said. "This is about adults educating themselves and other students and creating a culture where bullying is not tolerated, that bystanders to bullying are empowered to speak up when they see it happening and that there are actual consequences in place when bullying occurs."

Both Gov. Andrew Cuomo and Mayor Bill de Blasio vowed to uphold transgender protections they put in place regardless of Trump, "but those in the broader community who don't have those support and advocacy efforts are much more vulnerable," Janssen said. "The rights that kids had, even just six months ago, are really untenable and on unsteady ground."

To that end, "parents and teachers and medical and mental health providers and concerned citizens have a responsibility to stand up for these kids and say, 'We will support you, we will love you, we will allow you to be who you are,'" Janssen added.

Teenager with a United States flag and a Pride flag. GETTY IMAGES

> *"There's never going to be a 'right' way of doing this. I think just doing it at all is enough."*
>
> Dr. Aron Janssen



The 2016-2017 school year was the safest on record, city officials announced Tuesday. MICHAEL APPLETON/MAYORAL PHOTO OFFICE

City had safest school year on record: Officials

The 2016-2017 school year may be a distant memory for students lapping up these final weeks of summer, but for city officials, it was the safest year on record.

According to data released Tuesday by Mayor Bill de Blasio, NYPD Commissioner James P. O'Neill and Schools Chancellor Carmen Fariña, there was an 18 percent decrease in major crime from the 2014-2015 school year.

"All students need a safe and supportive learning environment to succeed in the classroom and make a positive impact in the community," de Blasio said. "The impacts of our investments in school climate and mental health programs are clear: Crime is at an all-time low, and graduation is at an all-time high."

Additionally, school-related arrests saw an 8 percent drop, and the number of School Safety Division summonses also decreased by 11 percent during 2016-2017.

"This school year set a new record in safety. The work is evident in our schools today is also being realized across this city with significant reductions in crime and violence," O'Neill said.

The city will also invest $47 million a year to expand resources for school climate and mental health programs, such as restorative practice, de-escalation and crisis intervention training to keep minor incidents in-school and out of the criminal justice system.

"We are increasing training and providing schools with resources to hold students accountable while still getting at the underlying cause of conflicts," Fariña said.

NIKKI M. MASCALI

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1 bedroom	$882	41	→	1 person	$32,709 - $40,080
				2 people	$32,709 - $45,840
2 bedroom	$1,065	8	→	2 people	$39,120 - $45,840
				3 people	$39,120 - $51,540
				4 people	$39,120 - $57,240
3 bedroom	$1,224	3	→	3 people	$45,292 - $51,540
				4 people	$45,292 - $57,240
				5 people	$45,292 - $61,860
				6 people	$45,292 - $66,420

[1] Tenant pays electricity
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect.** To request an application **by mail, send a self-addressed envelope to: Stone House, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **October 4th, 2017.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Stone House, 87-14 116th Street, Richmond Hill, NY 11418** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **4 de octubre 2017**.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**Stone House, 87-14 116th Street, Richmond Hill, NY 11418** 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 10 月 4 日.

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **Stone House, 87-14 116th Street, Richmond Hill, NY 11418** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **4 октября 2017.**

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Stone House, 87-14 116th Street, Richmond Hill, NY 11418** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017 년 10 월 4 일 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

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Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon ansou papye, voye anvlòp ki g en adrès pou retounen li nan: **Stone House, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **oktòb 4, 2017.**

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: Stone House, 87-14 116th Street, Richmond Hill, NY 11418. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 4 أكتوبر، 2017.

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Brooklyn restaurant fed up with landlord Kushner

Jared Kushner is running into problems with one of his Brooklyn properties.

SUNNY MONTEFIORE
@MetroNewYork
letters@metro.us

Gotta love a good restaurant real estate battle, right? We might, but we're guessing Jared Kushner does not.

The latest ordeal with Brooklyn restaurant La Nonna has us cringing more than anything else, especially since pizza and pasta is on the line. It all started this past winter when the owners stopped paying its rent to its landlord, a holding company owned by none other than Trump son-in-law, Jared Kushner. The owners of the restaurant claimed their refusal to pay stemmed from "shoddy conditions and construction noises."

The tit-for-tat policy of the Trump family certainly didn't skip this holding company, which retaliated by opening up a nonpayment petition in a local housing court for $72,783, which they claimed was owed in back rent.

72,783
AMOUNT ALLEGEDLY DUE IN BACK RENT, ACCORDING TO A COURT PETITION

Earlier this month, La Nonna came back by saying that the building's lackluster look is destroying their business slinging pasta and pizza (and other Italian delectables). They are upset that scaffolding surrounding the building is shutting out the option for outdoor seating and that the construction has concealed the restaurant signage, according to the New York Daily News. Apparently, the landlord isn't doing anything to address these issues and the restaurant owners paid for a new sign to deal with it themselves. They also made allegations of water damage and dining with "excessive and unreasonable noise for patrons." Yikes!

Here's to hoping something works out. In the meantime, if you're looking for a good caprese without bothering with conversation, you know where to go.

Jared Kushner's role as a local landlord has become problematic. GETTY IMAGES

'HAMILTON' LAWSUIT

New York ticket broker pleads not guilty in 'Hamilton' Ponzi case

A New York man has pleaded not guilty to wire fraud after being accused of running a $70 million Ponzi scheme involving the fake resale of tickets to premium events such as the Super Bowl, the U.S. Open tennis tournament and the Broadway smash "Hamilton."

Jason Nissen, of Roslyn, entered his plea on Tuesday before U.S. Magistrate Judge Gabriel Gorenstein in Manhattan, after waiving a formal indictment, court records show.

Nissen, the chief executive of National Event Co., was accused of having since 2015 lured investors by promising to buy and resell tickets profitably, only to divert funds to enrich himself and repay earlier investors.

Prosecutors said their evidence included a videotape in which Nissen told executives at one of his victims, a Manhattan diamond wholesaler, that he was "borrowing from Peter to pay Paul" after being accused of running a Ponzi scheme.

Michael Bachner, a lawyer for Nissen, declined to comment on the plea. The case was assigned to U.S. District Judge Paul Engelmayer.

Nissen was arrested in May, 14 years after getting caught selling tickets to students for a free Dave Matthews Band concert at the Queens, New York high school where he then taught math. He was fired in 2004.

The case against Nissen is one of at least two brought this year by U.S. authorities in Manhattan over alleged sham ticket sales to "Hamilton" and other high-demand events.

REUTERS

Tickets to the Broadway show "Hamilton." GETTY IMAGES

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Donald Trump's personal attorney, Jay Sekulow, originally insisted that the president did not draft a statement attributed to the president's son. GETTY IMAGES

Trump's lawyer allegedly lied about president's role in Don Jr.'s statement

He originally said Donald Trump Jr. penned it. It turns out the president did.

MICHAEL MARTIN
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letters@metro.us

Only weeks ago, President Donald Trump's personal lawyer, Jay Sekulow, denied the president had a hand in crafting Donald Trump Jr.'s false statement about his meeting with Russians. On Sunday, the Washington Post reported that the president in fact wrote the entire statement.

Trump Jr. issued the statement to the press to explain his previously disclosed meeting with Russian attorney Natalia Veselnitskaya. He initially said they "primarily discussed a program about the adoption of Russian children." Then an email chain surfaced that showed he met with her after being promised damaging information about presidential candidate Hillary Clinton.

"I do want to be clear — the president was not involved in the drafting of the statement and did not issue the statement," Sekulow said on "Meet the Press" July 16. "It came from Donald Trump Jr. ... It was, in fact, from him and I believe it was his lawyer was in consultation."

On Friday, the Post reported that the president personally dictated the statement on Air Force One, overruling advisers who advocated telling the whole story as it happened, because it was destined to come out anyway.

"This was unnecessary," a Trump adviser told the Post. "Now someone can claim he's the one who attempted to mislead. Somebody can argue the president is saying he doesn't want you to say the whole truth."

It's not a crime to mislead the media, but presidential aides worry the revelation leaves the president open to charges of orchestrating a cover-up.

Obstruction of justice is reportedly one of the potential charges special counsel Robert Mueller is investigating as he probes potential collusion between the Trump campaign and Russians to sway the 2016 election.

Sekulow refused to discuss specifics of the Post story, issuing a one-line statement in response: "Apart from being of no consequence, the characterizations are misinformed, inaccurate and not pertinent."

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Bombshell lawsuit claims Trump involved in Fox fake news about murder

White House spokeswoman Sarah Huckabee Sanders says Trump did not have knowledge of Fox News' story about Seth Rich.

KIMBERLY M. AQUILINA
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kimberly.aquilina@metro.us

An explosive lawsuit filed on Tuesday alleges that the White House and a Republican donor were in cahoots and concocted a story about the murder of Democratic National Committee staffer Seth Rich.

Rod Wheeler, a Fox News contributor and former homicide detective hired by Rich's family, filed a lawsuit on Tuesday stating he was used as a pawn by the White House, a supporter of President Donald Trump named Ed Butowsky and Fox News to "shift the blame from Russia and help put to bed speculation that Trump colluded with Russia in an attempt to influence the outcome of the presidential election," The New York Times reported.

Quotes from a voicemail and text from Butowsky bragging that Trump reviewed a draft of the now-retracted Fox News article appear on the first page of the lawsuit, NPR reported.

Butowsky recently told NPR that he was only kidding about Trump's involvement and told CNN that "the lawsuit is bulls—." White House spokeswoman Sarah Huckabee Sanders denies the president had any knowledge of the article prior to its publication.

Unproven right-wing conspiracy theories have floated for months suggesting that Rich leaked the DNC emails to WikiLeaks during the 2016 election and that his death could have been the result of his betrayal.

No evidence surfaced to support the claims until May, when Fox News published a story that quoted Wheeler saying there was proof showing Rich had been in contact with WikiLeaks.

The network later retracted the article after Wheeler appeared on CNN and accused Fox of fabricating quotes. In the retraction, Fox said the article did not adhere to its editorial standards.

"Rod Wheeler unfortunately was used as a pawn by Ed Butowsky, Fox News and the Trump administration to try and steer away the attention that was being given about the Russian hacking of the DNC emails," Douglas Wigdor, Wheeler's lawyer, told NPR.

Jay Wallace, Fox's president of news, told NPR on Monday that there was no "concrete evidence" that Wheeler was misquoted by reporter Malia Zimmerman.

Wallace told CNN that the "accusation that FoxNews.com published Malia Zimmerman's story to help detract from coverage of the Russia collusion issue is completely erroneous."

"The retraction of this story is still being investigated internally and we have no evidence that Rod Wheeler was misquoted by Zimmerman," he added.

Fox News declined to allow Zimmerman to comment, according to reports.

Washington's Metropolitan Police Department is investigating the July 2016 fatal shooting of 27-year-old Rich, saying there is evidence to suggest the murder took place during a botched robbery.

In a statement, Rich's family said: "While we can't speak to the evidence that you now have, we are hopeful that this brings an end to what has been the most emotionally difficult time in our lives and an end to conspiracy theories surrounding our beloved Seth."

The murder of DNC staffer Seth Rich is an open investigation. Authorities believe the 27-year-old was fatally shot during a botched robbery. GETTY IMAGES

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AVAILABLE UNITS AND INCOME REQUIREMENTS

40% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$548	4	1 person	$20,675 - $26,720
1 bedroom	$589	8	1 person	$22,149 - $26,720
			2 people	$22,149 - $30,560
2 bedroom	$713	5	2 people	$26,435 - $30,560
			3 people	$26,435 - $34,360
			4 people	$26,435 - $38,160
3 bedroom	$817	5	3 people	$30,583 - $34,360
			4 people	$30,583 - $38,160
			5 people	$30,583 - $41,240
			6 people	$30,583 - $44,280

60% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$865	11	1 person	$31,543 - $40,080
1 bedroom	$929	17	1 person	$33,806 - $40,080
			2 people	$33,806 - $45,840
2 bedroom	$1,121	15	2 people	$40,423 - $45,840
			3 people	$40,423 - $51,540
			4 people	$40,423 - $57,240
3 bedroom	$1,289	15	3 people	$46,766 - $51,540
			4 people	$46,766 - $57,240
			5 people	$46,766 - $61,860
			6 people	$46,766 - $66,420

90% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$1,049	2	1 person	$37,852 - $60,120
1 bedroom	$1,320	16	1 person	$47,212 - $60,120
			2 people	$47,212 - $68,760
2 bedroom	$1,591	3	2 people	$56,538 - $68,760
			3 people	$56,538 - $77,310
			4 people	$56,538 - $85,860
3 bedroom	$1,831	5	3 people	$65,349 - $77,310
			4 people	$65,349 - $85,860
			5 people	$65,349 - $92,790
			6 people	$65,349 - $99,630

130% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$1,212	2	1 person	$43,440 - $86,840
1 bedroom	$1,524	16	1 person	$54,206 - $86,840
			2 people	$54,206 - $99,320
2 bedroom	$1,835	3	2 people	$64,903 - $99,320
			3 people	$64,903 - $111,670
			4 people	$64,903 - $124,020
3 bedroom	$2,113	6	3 people	$75,018 - $111,670
			4 people	$75,018 - $124,020
			5 people	$75,018 - $134,030
			6 people	$75,018 - $143,910

[1] Tenant pays electricity.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to **nyc.gov/housingconnect.** To request an application **by mail, send a self-addressed envelope to: 810 River c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **September 29, 2017.** Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a **810 River c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **29 de septiembre 2017**

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**810 River c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.**信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 9 月 29 日

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **810 River c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **29 сентябрь 2017**

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **810 River c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418.** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017 년 9 월 29 일 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

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العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف **يحمل اسمك وعنوانك إلى: 810 River c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 29** سبتمبر، 2017

Governor Andrew Cuomo • Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer • HDC President Eric Enderlin

J'Ouvert attendees to be screened for guns: NYPD

The move comes after two consecutive years of fatal shootings at the annual Caribbean event in Brooklyn.

NIKKI M. MASCALI
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After two straight years of fatal shootings, attendees of this year's J'Ouvert parade in Brooklyn will be subjected to weapons screenings. FACEBOOK/J'OUVERT CITY INTERNATIONAL

In addition to moving J'Ouvert festivities to daylight instead of its traditional early-morning hours, this year's attendees will also be subjected to gun screenings to stave off violence at the annual Caribbean street party in Brooklyn, the NYPD announced.

J'Ouvert, which means "daybreak," is held on Eastern Parkway in Crown Heights to celebrate Caribbean culture. For the past two years, the annual event saw fatal shootings occur, including one that killed Carey Gabay, a 43-year-old former aide to Gov. Andrew Cuomo in 2015.

Last year, 22-year-old Tiarah Poyau and 17-year-old Tyreke Borel were also killed by gunfire.

The consecutive outbreak of violence prompted officials to move the historically pre-dawn celebration, which will be held Sept. 4, to daylight hours last week, with start time moved from 2 a.m. to 6 a.m. Festivities will end at 11 a.m.

The event will be fenced off, starting from the top of Prospect Park to Prospect-Lefferts Gardens, and attendees will be checked for weapons and alcohol at one of 12 security checkpoints, Assemblyman Walter Mosley told the New York Post.

A police source told the paper that "the whole idea is to prevent people who are going to the parade from getting shot."

BRONX DRUG BUST

Bust in the Bronx seizes 40 pounds of fentanyl

A Chicago man was indicted on Tuesday and authorities seized nearly 40 pounds of fentanyl, a highly potent synthetic opioid, from a neighborhood in the Bronx.

Carlos Ramirez, 25, was indicted in Manhattan Supreme Court on charges of criminal possession of a controlled substance in the first and third Degrees. Bail was set at $200,000 bond or $100,000 cash.

At 18 kilograms, this is the largest seizure of fentanyl to date by the Drug Enforcement Agency's New York Division. Fentanyl is approximately 50 times stronger than heroin and is increasingly found mixed into the illicit narcotics supply in New York City. Fentanyl is also sold in combination with cocaine or pressed into counterfeit pills and marketed as oxycodone or Xanax.

According to the New York City Department of Health and Mental Hygiene, fentanyl is driving a spike in fatal overdoses, which reached an all-time high of 1,374 deaths in New York City in 2016 — a 46 percent increase over 2015.

Given that a dose of fentanyl weighing 2 to 3 milligrams can be deadly, the seizure in this case could have yielded over seven million lethal doses.

KIMBERLY AQUILINA

Carlos Ramirez was indicted after a large fentanyl bust in the Bronx. PROVIDED

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Man brings massive peacock on NYC subway, nobody seems concerned

If you're a New Yorker, pretty much nothing will surprise you, except for some reason that one raccoon on the NYC subway. Well, that sure as heck held true on the subway last week when a man brought a peacock on the train and a tweet revealed the subway car's general lack of care or concern.

Matthew Chayes, an employee at Newsday tweeted this above photo to show the majestic creature hanging out with commuters on an unidentified train. Shortly, the tweet went viral and the NYC subway chimed in with a tone-deaf reply of "if possible, can you please provide more details about this incident?"

This peacock was spotted on the NYC subway. TWITTER / CHAYESMATTHEW

Later, the tweet made it to a Reddit thread where somebody chimed in claiming to be the guy holding the peacock. He explained, "It's the mascot of a bar I run in Tribeca called Weather Up. The owner Kathryn is the blonde woman to right of me, she's the owner of the peacock. It's also stuffed, come to the bar for a beer." Crushing hearts everywhere, we learn that said peacock is actually a stuffed animal.

Now we understand why nobody batted an eye. New Yorkers see plenty of strange things and a stuffed animal on a train obviously doesn't rank. Unless, of course, we see a throwback stuffed bear or massive puppy from FAO Schwarz, of course, RIP

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Kids & Pros Youth Football Clinic
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Location: Wien Stadium, 533 West 218th Street
Parent Information Session on Safety and Concussion Awareness: 2:30–3:30 pm
To attend the Football Clinic, register at kidsandpros.com.

RUSK REHABILITATION
Caregiving for an Individual with a Brain Injury
Date: Wednesday, August 16 Time: 5:00–6:45 pm
Location: 240 East 38th Street, 11th Floor Conference Room
To attend this lecture, email ruskrsvp@nyumc.org or call 212-263-6952.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

New York City, New York

***NY Pain MD* is a medical group with locations in Midtown NYC and Downtown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

There are two options that many knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non -medicial treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." Pharmaceutical companies (with the help of scientists) can now make natural synovial fluid gel-like compounds that, during viscosupplementation, treatments... doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology or P.A.T.T. so they can actually see the medicine going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology and without good results - this may very well be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one-step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" or formulas. Like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destuction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have arthritis pain and have not tried Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper targeted imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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Knee Arthritis Suffers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are know as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" proce-dure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one two week later, Radio Frequen-cy waves are applied for long term relief.

Is It Safe?

Research has shown this to provide relief for patients and the to procedure to be safe and effective.

One study published Novem-ber 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respective-ly. No patient reported a post procedure adverse event during the follow-up period. Some studies indicate some patients may get years of relief in some cases. " RF neu rotomy (radio frequency treatment) of genicular nerves leads to sig ificant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupple-mentation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

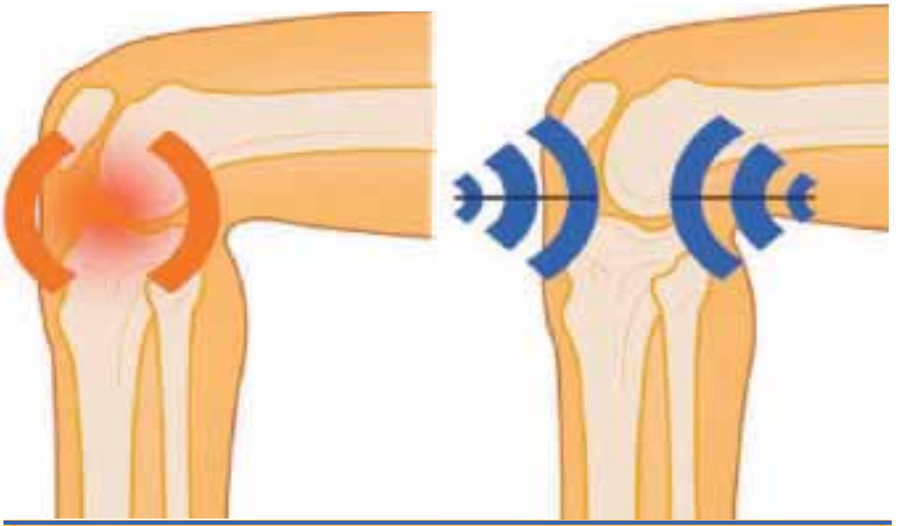
The pain after a failed knee replacement surgery can be de-bilitating and this procedure can be the only thing that helps and provided relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treat-ment or not.

Many experts suggest choos-ing a medical clinic that offers all these treatments and has the proper, most ad-vanced technology all under one roof.

Advanced Treatment Uses Medical Radio Frequency Waves To Relieve Pain



Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

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Billie Lourd opens up

Late last year, Carrie Fisher and her mother, icon Debbie Reynolds, died within one day of each other. Now, Fisher's daughter, Billie Lourd, is opening up about their deaths, and her quirky family upbringing. It may or may not give you all the requisite feels.

The dual deaths hit Lourd hard, but she says that humor got her through it. "If life's not funny then it's just true — and that would be unacceptable," she tells Town & Country, quoting her mom. "Even when she died, that was what got me through the whole thing. When Debbie died the next day, I could just picture her saying, 'Well, she's upstaging me once again, of course — she had to.'"

Aw. Anyway, Fisher and Reynolds are missed deeply, especially by this writer. Here's hoping Lourd will be able to step out on her own and distinguish herself — it's what they would want, probably.

Every. Single. Feel.

Channing Tatum's daughter hated "Step Up"

Fun fact: Channing Tatum and Jenna Dewan Tatum's daughter hated "Step Up." Give this girl an award for film criticism!

Channing, 37, shared the story on an episode of "Jimmy Kimmel Live," admitting little Everly could barely get past the first 10 minutes. Poor Channing thought Everly gave a hoot about watching her parents falling in love — but she definitely did not. Atta girl!

Yas, Everly.

"We were like, 'This is really cool! It's got dancing. She's going to love it!'" Channing shared. "Within 10 seconds, she was like, 'Can I watch a real movie? I don't know, like a good one?'" Sick burn, Everly!

"What do you mean? This is a real movie! It's such a real movie they made like, seven more of these! You will watch it!" Channing said. "And then 10 more seconds went by and she was like 'Please can I watch a real movie?'" I love this girl already.

the word

RACHAEL VAUGHAN CLEMMONS
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Casey Affleck is getting a divorce

Casey Affleck — a man Brie Larson refused to clap for — is officially getting divorced from his wife, Summer Phoenix. I would pity him, but you know. I don't.

The less perpetually sad Affleck and Phoenix announced their separation in March. They married in 2006, after being introduced to each other by Phoenix's brother, Joaquin. They share two sons: Indiana, 13, and Atticus, 9.

OK, but why the divorce? Nobody knows but maybe those pesky sexual-harassment allegations have something to do with it. Nobody wants to be married to an alleged creep.

At least he'll always have his Oscar.

Another celebrity marriage bites the dust.

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Lee from "The Bachelorette" kind of apologizes

Lee Garrett is probably one of the most ignorant dudes from Rachel Lindsay's season of "The Bachelorette." But no worries: After practically being forced, he kind of apologized for his race-baiting and stuff on the "Men Tell All" special Monday night.

Lee was already pretty annoying, but then the internet discovered his old tweets which included sexist, misogynistic and racist sentiments, and the world sighed a collective "Girl, bye." So on his appearance on "The Bachelorette" special, he made as many excuses for his behavior as possible.

"I'm facetious," he said, attempting to avoid any mention of words like "racist" or "racism." "I make jokes when I'm uncomfortable in appropriate times." Oh, cool — Lee thinks baiting only the black men in "The Bachelorette" house was a joke! I don't get it, but OK!

Later, lee admitted that he actually doesn't like racism. Not "at all." Chill!

I think we can all agree that Lee is still the worst, no?

Still the worst, no?

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John Boyega wants you to wake up

The "Force Awakens" star gets real with Kathryn Bigelow's new docudrama "Detroit."

MATT PRIGGE
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If you're a serious actor, you do what John Boyega has done: You make a "Star Wars" movie, then you star in a dark and gritty drama that speaks to real-world ills. That said, when the young "Force Awakens" actor, 25, found himself on the set of "Detroit" — Kathryn Bigelow's account of the 1967 Detroit riot, which lasted five days and saw the racially-torn city turned into a war zone, complete with the National Guard stomping around — he saw that not everything was different.

"It seemed small until I saw tanks rolling through the street," Boyega says.

The riot, which Boyega prefers to call a "rebellion," began when relations between the low-income black populace and the mostly white (and very aggressive) police force came to loggerheads. The bulk of "Detroit" zeroes in on one episode: when, on day three, white cops went to investigate a possible (and, as it were, erroneous) shooting at the run-down Algiers Motel. They rounded up 12 suspects — 10 black, two white — and physically and mentally tortured them. When they left, they'd killed three innocent people.

GETTY

Boyega plays Melvin Dissmukes, a security guard who found himself tagging along with the police. At first he tried to help, thinking the presence of a black authority figure would mollify the cops' rage. He was wrong.

"Dissmukes really embodies the complexities of this story," Boyega says. "He didn't belong to any particular side. He was caught in the middle of it. He was trying as much as possible to balance everything out. That's a hard role to play as one man involved in such a situation."

The cops were acquitted of all charges — far from the only chillingly thing it has in common with today's headlines. Dissmukes, whom Boyega spoke with during filming, was seen by some members of the black community as being in league with the officers.

John Boyega plays Melvin Dissmukes, a security guard who witnessed a horrific racial incident in 1967, in "Detroit," in theaters Friday. BLEECKER STREET

"He told me about being called an 'Uncle Tom' because he was involved in the situation," Boyega says. "People said, 'Why didn't you do more? Why didn't you stand up for yourself?' It's very, very easy, when you're looking at the rebellion from the outside-in, to say that. We'd all want to be the superhero in that situation. That's not how life goes. Everybody has something to say until it goes down. It was a very scary situation, and he tried his best."

Boyega grew up in the Peckham district of South London. He never had the kind of fraught relationship with cops, not the way you see in "Detroit" or in parts of America.

"It doesn't feel like I've been targeted in any way. So my perspective is very different," Boyega says. Still, he has come of age during the 2011 London riot. "That was based on the same kind of social unrest people felt back then. It's interesting to see that in this film — to show that when the balance between civilians and law enforcement is not completely clear, you can make people feel very tense. That's the kind of world Dissmukes was living in."

For Boyega, "Detroit" isn't only about Detroit in 1967, or about America right now.

"The slogan to 'Detroit' is 'It's time we knew.' For me, that reflects on the many other stories people don't know about," explains Boyega. "It's important to understand that all over the world, race relations is an issue — even in places you wouldn't expect that to happen. In India, it's an issue. Same with Brazil. It's interesting to see how that hasn't gone away. And it's been so long since it happened."

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A final column and a state of the geek union

JENNA BUSCH

Geek Girl in Hollywood

Jenna Busch takes on the way pop culture snubs its female fans. for more columns, visit metro.us/jenna-busch as well as her site, Legion of Leia (www.legionofleia.com)

"Wonder Woman," starring Gal Gadot, was one of the more recent pop-culture triumphs for women. WARNER BROS. PICTURES

So, this is my last column for Metro. I wanted to say farewell to all of you guys. It's been an honor to know you were reading, and it's been wonderful to hear from some of you on social media. I hope you guys continue to send your thoughts.

For my final rant, I wanted to talk about the state of the geek world.

Since I've been writing for Metro, we've talked about Gamergate, the harassment of women and gender equality quite a bit. It's strange how it's changed in two-and-a-half years. We're talking about it more these days, but the problem doesn't seem to be going away.

As an example, think of the women-only "Wonder Woman" screening announcement and the harassment we saw about that, or the attacks on the all-female version of "Ghostbusters." It's disheartening, but it's certainly reflective of where we are in the world.

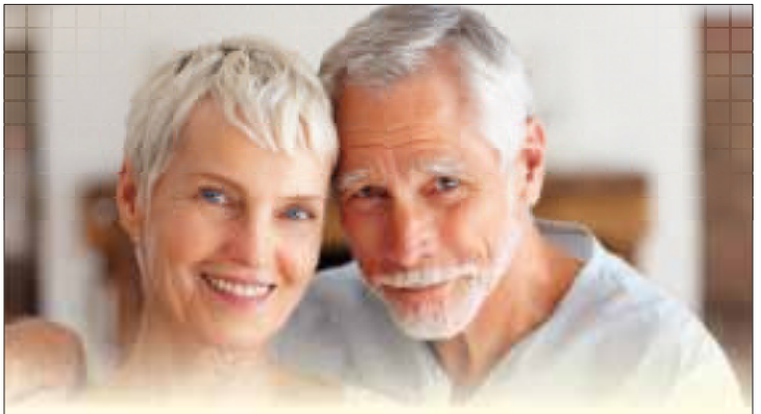
That said, there are definitely things that have changed for the better. We have a female lead on "Doctor Who" on the way! "Wonder Woman" blew away the box office and (I'm sure) surprised everyone at studios around the world. People are starting to make noise when there seems to be a gender/race disparity, and it's at least beginning to make a difference.

When I went to San Diego Comic-Con last weekend, the discussion about intersectional feminism and how it's not just about gender didn't get a bunch of odd looks. People participated in the conversation. I saw people politely asking for cosplayers' pictures instead of the ass-grabs from years past. The developers of "Call of Duty: Nazi Zombies" talked about the importance of diversity on their panel and said they wanted to leave the game industry a better place than they found it. We have a very long way to go, but there are good things happening, albeit slowly.

All those predictions about geek movie/TV show fatigue were clearly wrong over the past few years. It's less about not wanting to see them and more about not having time to watch all of them. We've got mutants, Defenders, Runaways and more on the way, and the shows are getting better. We've got Captain Marvel, a second Wonder Woman film and I don't even recognize all the new comics titles in my local shop because there are so many that I haven't had a chance to read them yet. Whatever is happening, at least we're doing something right.

I'll continue to talk, yell and write about all of this on all the sites I write for, as well as on social media. (Just look up my name and you'll find them all.) I'll continue to talk to you at conventions, and I'll still be contributing to the "PsychGeeks" series of books. I'll miss keeping you company on your subway rides, though. May you never get stuck in a car without air conditioning (I lived in NYC for years and it sucks when that happens), may your commute be free of manspreaders and instead full of people who take off their backpacks, and may all your geeky dreams come true.

And, of course, may the Force be with you.



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TV 5 series where the women kick major ass

These strong female leads will make you want to get in the ring.

RACHAEL VAUGHAN CLEMMONS

Last weekend, "Atomic Blonde" made its premiere, starring Charlize Theron as an action-hero-goddess. She's smashing guys in the face with hot plates! She's pummeling bad dudes with the heels of her shoes! It's a glorious showing. One that got us wondering: What else is out there featuring kick-ass ladies?

If you're hankering for more badassery after watching Theron — or if Netflix is giving you a big hint by suggesting "Series with a Strong Female Lead" — try these TV shows.

SARAH SHATZ/NETFLIX

"Jessica Jones" *(Netflix)*

It's been a while for fans of "Jessica Jones," which introduced the hard-drinking, no-nonsense PI who has problems playing nice with others. But the reluctant superhero, played by Krysten Ritter, will soon be back in "The Defenders," where she'll work alongside Luke Cage, Iron Fist and Daredevil to kick the pants out of some mayhem in New York City.

KEN WORONER/ BBC AMERICA

"Orphan Black" *(BBC America)*

"Orphan Black" is very good in many ways. But one of the best ways is that it lets its lead, the uber talented Tatiana Maslany, get down and dirty as a variety of characters — all of which are clones with very different, very distinct personalities. Still, whether Maslany is inhabiting Sarah, Helena or — let's be real — Alison, these women more than often pick fight over flight.

ERICA PARISE/NETFLIX

"GLOW" *(Netflix)*

Ladies? Check. Kicking ass? Double check. "GLOW" is a love letter to the '80s that's unwilling to spare the distasteful details. But also? It's literally a show about glorious women wrestling. And watching Alison Brie's Ruth — and her ragtag group of misfits — dedicating themselves to the art and ferocity of wrestling is a very special thing indeed.

SKIP BOLEN/AMC/ SONY PICTURES TEL

"Preacher" *(AMC)*

"Preacher" has sort of a cult following. And of its three protagonists, heavy hitter Tulip — played wonderfully by Ruth Negga of "Loving" fame — is in many ways the strongest. Certainly doesn't hurt that she fights better than the boys. In a series that explores violence, religion and the supernatural in equal turns, Tulip is always at the center, bringing the sass and kicking all the ass.

GENE PAGE/ AMC

"The Walking Dead" *(AMC)*

"The Walking Dead" was pretty great until Michonne (Danai Gurira) showed up, what with her katana and her undead slaves. But with her in it, the series is, in many ways, better. The show may be nearing its seventh season, but baby girl is still bringing baddies down — that is, when she's not having a swoon-worthy, tender moment with Rick.

Find out how easy composting can be.

TAYLOR HA
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How to green your life

ISTOCK

home

We all know the three R's: reduce, reuse and recycle. We learned how this applies to our kitchen as well at the recent NYC Food Waste Fair.

Did you know all those banana peels and eggshells you're throwing away (not to mention the produce you just didn't get around to using) are harming the planet more than carbon dioxide?

As organic waste rots in a landfill, it emits a greenhouse gas called methane. It's invisible and nontoxic to humans, but it traps up to 100 times more heat in the atmosphere than carbon dioxide. (Methane also leaves the atmosphere faster than carbon dioxide, but still.)

Of the nearly 10,500 tons of garbage collected every day in New York City alone, more than a third is food scraps and yard waste. Every time you chuck an egg shell into the trash, you're contributing to global warming. And between 40 and 50 percent of food waste comes from residential homes.

It's a big reason why the Foundation for New York's Strongest, the nonprofit organization that promotes sustainability as part of the Department of Sanitation, hosted the NYC Food Waste Fair. Here's how you can help keep our city healthier.

You can recycle more than you think

Some recyclables are obvious, like newspapers, cereal boxes and glass bottles. Turns out that food-soiled paper, like cupcake wrappers and tea bags, can be recycled, too. Find the full list of of what NYC residents can recycle at nyc.gov/assets/dsny/zerowaste.

ISTOCK

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Learn about composting

Don't toss your spoiled tomatoes and wilting plants into your main trash bin. Separate it for composting — the city has an easy easy online guide — to turn your decomposing organic matter into healthy, useful soil. You can join a community composting project, or if you don't have a garden, find drop-off sites to donate your food waste to compost programs.

Having a bin specifically for food waste makes this easy, says Louise Bruce, senior manager for the sanitation department's NYC Organics program. But the best tool is prevention: Before you consider throwing anything away, check if the food is still edible, salvageable or donatable. And having a separate food bin also lets you measure how much food waste you generate, figure out if you're overbuying something and then change your shopping habits.

BRANDON HARDIN

Food waste can have a second life

What happens to all the oyster shells you shucked and left on your plate? When choosing your next spot for oyster happy hour, consider a restaurant or event that partners with the Billion Oyster Project, which collects oyster shells from participating venues. They're cleaned and cured, seeded with oyster larvae in a nursery and eventually join the resurgent oyster population in New York Harbor. At least 19.5 million oysters have been grown in the harbor, and 1.05 acres of the dying reef area have been restored.

Spread the love

Remember when Kanye West gave Kim Kardashian a wall of white flowers last spring? One service is ensuring that future flower walls won't go to waste. Repeat Roses delivers flowers from weddings and other special celebrations to a new home, from cancer patients to lonely seniors in nursing homes. "They're making sure that the flowers have multiple lives and are really enjoyed by people. And at the end, that they're sustainably managed," says Bruce. There's one catch: The basic service fee starts at $1,000.

GETTY IMAGES

ISTOCK

Consider your table

"When you're scheduling a wedding or hosting an event, think really well about how much you need," says Jennifer McLean, chief operating officer at food rescue organization City Harvest, in a panel discussion. "Do you need to be overflowing with food? Or can you reduce and be a little bit more creative with what your table looks like?"

If you hire a caterer, make a bargain that'll help those less fortunate. "Say to the caterer, as part of my contract, I want extras donated to City Harvest or another place like us," McLean advises.

New Manhattan condo to get infrared saunas

Gary Barnett turns up dial on amenities at 815-unit condo tower.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

The actress Jennifer Aniston is a devotee. Comedian Chelsea Handler swears by regular sessions. Cindy Crawford, Kim Kardashian and Gwyneth Paltrow have been known to partake in the name of good health and glowy skin.

Now, in the arms race for the hottest new condominium amenity, Extell Development is bringing infrared saunas to its forthcoming One Manhattan Square project.

Infrared saunas are the latest amenity. ISTOCK

The Gary Barnett-led firm said it is the first New York developer to offer residents the chic therapy — which uses radiant heat to warm the body's core, said to stimulate the cardiovascular and lymphatic systems to help eliminate toxins. It's a health benefit, but also a way for Extell to elevate the overall experience at the Lower East Side condo, said Senior Vice President of Development Raizy Haas.

"You have every conceivable amenity in the project," said Haas.

Located at 252 South Street, One Manhattan Square is Extell's middle-market condo project and will have 815 units, with prices starting just north of $1 million. Thanks to the property's large footprint, the developer is planning 100,000 square feet of amenities indoors and out, including a two-lane bowling alley, billiard room, golf simulator, 75-foot swimming pool, culinary lounge, covered dog run, 70-seat movie theater and cigar room.

The saunas are just the latest creature comfort offered to condo buyers in an era of private swimming pools, recording studios, helipads and paparazzi-proof driveways.

Back in 2014, Delos Living made headlines with its vitamin C-infused showers at 66 East 11th St. in the East Village. (However, the building's wellness-focused amenities, which also included steam ovens and circadian lighting, didn't justify a $50 million price tag for the penthouse, which ultimately sold for $26.1 million.)

Earlier this year, Barnett locked up financing for OMS with a commitment for a $163.2 million mezzanine loan from Scott Rechler's RXR Realty. A consortium led by Deutsche Bank and French lender Natixis provided a senior loan for the $1.4 billion project.

As of March, the last time Extell offered an update on sales, the developer said 100 units are in contract. In recent months, the developer announced it would advance 50 percent of commissions on sales at its properties under construction, including OMS.

According to Haas, Extell is looking into installing the saunas throughout its portfolio at condos like the Kent on the Upper East Side and its latest endeavor,Central Park Tower, which will have more than 20 units priced at $60 million or more. "We're not about the hype," she said. "It would be sad for us if we spent all that effort — and real estate — to include an amenity and it's not used." E.B. SOLOMONT

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Grading Mets, Yanks trade deadlines

JOE PANTORNO
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The dust has settled on Major League Baseball's 2017 trade deadline and it's time to take a look around at what we're left with. In the midst of an improbable playoff run, the New York Yankees signaled to the league that they are all in while the crosstown-rival Mets attempted to play the role of sellers. The two teams found varying levels of success in the process as we grade just how well they fared over the past few weeks:

NAME: New York Yankees

DATE: 8/2/17

Notable Players Acquired	Notable Players Dealt
3B Todd Frazier from White Sox	RHP Tyler Clippard to White Sox
RHP David Robertson from White Sox	CF Blake Rutherford to White Sox
RHP Tommy Kahnle from White Sox	CF Tito Polo to White Sox
LHP Jaime Garcia from Twins	RHP Zack Littell to Twins
RHP Sonny Gray from Athletics	CF Dustin Fowler to Athletics

You have to give credit where credit is due and Yankees general manager Brian Cashman deserves a ton of it. He took advantage of his minor-league depth, managed to keep his best prospects and was still able to address most of his team's needs heading into August.

The Yankees needed pitching? They go out and get a top-tier arm in Sonny Gray and veteran support in Jaime Garcia while bolstering the bullpen with David Robertson and Tommy Kahnle.

They needed extra pop in the lineup? They acquire Todd Frazier, who is coming off a 40-home-run campaign last year.

NAME: New York Mets

DATE: 8/2/17

Notable Players Acquired	Notable Players Dealt
RHP Drew Smith from Rays	1B Lucas Duda to Rays
RHP A.J. Ramos from Marlins	RHP Merandy Gonzalez to Marlins
RHP Gerson Bautista from Red Sox	CF Ricardo Cespedes to Marlins
RHP Jamie Callahan from Red Sox	RHP Addison Reed to Red Sox
RHP Stephen Nogosek from Red Sox	

The Mets did well to unload Duda and Reed before they become free agents this winter. In return, they replenished their young arms in the minor leagues, which is big for a franchise that has a reputation for developing pitchers.

However, Asdrubal Cabrera and Curtis Granderson are still with the team. Both pending free agents are unlikely to return to the Mets next year, which is a missed opportunity for the Mets to get even more at the deadline.

With Amed Rosario having finally made his MLB debut Tuesday night, Cabrera is expendable, as he's learned while being shifted around the infield and away from his natural shortstop position. Granderson is also the odd man out of a Mets outfield that already boasts Yoenis Cespedes, Michael Conforto and Jay Bruce, who also was a prominent name on the trade market over the last few weeks.

Anthony's no-trade clause destroys any hope of Kyrie coming to New York

Knicks All-Star Carmelo Anthony will only be traded to Houston, what does that mean for his current team?

JOE PANTORNO
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joseph.pantorno@metro.us

There are only two possible teams Carmelo Anthony could be playing for next season, the New York Knicks or the Houston Rockets.

The 10-time All-Star hasn't budged on waiving his no-trade clause to other teams, wishing to only play with his current team or with James Harden and Chris Paul should the Knicks trade him.

In actuality, it only narrows the list down by one. Anthony was willing to waive his NTC to the Cleveland Cavaliers a few weeks ago, but that was before Kyrie Irving put in his trade request.

Irving's dissatisfaction with the Cavs scared Anthony away from wanting to join LeBron James, though Cleveland hasn't been exactly keen on bringing the 33-year-old on to the suddenly fledgling franchise.

Regardless, it eliminates almost all hope of New York actually acquiring Irving, who stated that he "very badly" wants to play for the Knicks, who play a half hour away from where he went to high school in Hillside, New Jersey.

The only possible name the Cavs could see as a suitable return for Irving would be power forward Kristaps Porzingis, who is far too valuable to the Knicks' future to let go. It's also safe to assume that 18-year-old French guard Frank Ntilikina would be a part of the deal.

New York would have to rely on a third or fourth team to get a deal done for Irving in order to get Cleveland a good-enough haul. At the moment, it doesn't look like they would have enough time to orchestrate such an intimate deal.

Carmelo Anthony's disinterest in the Cavaliers makes the Knicks' chances of acquiring Kyrie Irving very slim. GETTY IMAGES

The Phoenix Suns are in the running for Irving and have the means to get something done.

Reports have emerged that Irving could be had for Suns guard Eric Bledsoe, rookie forward Josh Jackson and a 2018 first-round pick.

The Knicks have made the necessary steps needed to keep the position afloat even if they don't come away with Irving. While Ntilikina continues to develop toward being a starter in the NBA, New York signed veteran Ramon Sessions last week to add depth to a position that features Ron Baker and Chasson Randle.

Metro Quick Hit

Jordan claps back at Ball

Michael Jordan famously eviscerated all of his old opponents during his Hall of Fame speech a few years back. Not surprisingly, the ultra-competitive Jordan torched everyone's least favorite dad, LaVar Ball, this week after Ball said that he could beat Jordan in a game of one-on-one.

"Maybe if I was one-legged," Jordan said at his basketball camp. "You got to understand the source. It think he played college, maybe? He averaged 2.2 points a game. Really?"

Ball said the following to USA Today about Jordan back in March:

"I would just back [Jordan] in and lift him off the ground and call a foul every time he fouls me when I do a jump hook to the right or left," Ball said. "He cannot stop me one-on-one. He better make every shot 'cause he can't go around me. He's not fast enough. And he can only make so many shots outside before I make every bucket under the rim."

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Plaintiff(s) vs. MARIA T ANGELITA A/K/A MARIA ANGELITA T. PEREZ; et al;
Defendant(s)
Attorney (s) for Plaintiff (s):
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Fishkill, New York 12524
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about May 8, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM # 25.
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Block: 6713 Lot: 2029
ALL that certain piece or parcel of real property, situated and being a part of a condominium in the City of New York, County of Queens and State of New York, known and designated as Home No. 2R, Building 2, together with an .2771% undivided interest in the common elements of the condominium hereinafter described as the same is defined in the Declaration of Condominium hereinafter referred to. The real property above described in a Home shown on the plans of the condominium prepared and certified by George R. Haubenreich, licensed surveyor, and by Peter R. Gray, A.I.A., registered architect and filed in the Office of the Register of the City of New York, Queens County, on the 21st day of December 1973 as Map No. c-14 is defined in the Declaration of Condominium entitled Village Mall at Hillcrest Condominium made by Village Mall at Hillcrest, Inc. under Article 9-B of the New York Real Property Law, dated July 23, 1973 and recorded in the Office of the Register of the City of New York, Queens County, on the 25th day of July 1973 in Reel 687 at page 1145, as said Declaration of Condominium is amended and restated by Amended Declarationof Condominium dated December 21, 1973, recorded in the Office of the Register of the City of New York, Queens County, on the 21st day of December, 1973 in Reel 725 at page 227 and as further amended by an Amendment to Declaration dated January 29, 1974 and recorded in the Office of the Register of the City of New York, Queens County, on February 6, 1974 in Reel 734, page 2000, covering the property therein described.
As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale.
Approximate amount of judgment $108,705.55 plus interest and costs.
INDEX NO. 27675/07
Zenith T. Taylor, Esq., Referee

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NOTICE OF FORMATION of Fast Life Barbershop, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 04/27/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 1741 Amsterdam Ave., New York, NY 10032. Purpose: Any lawful activity.

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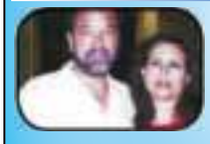

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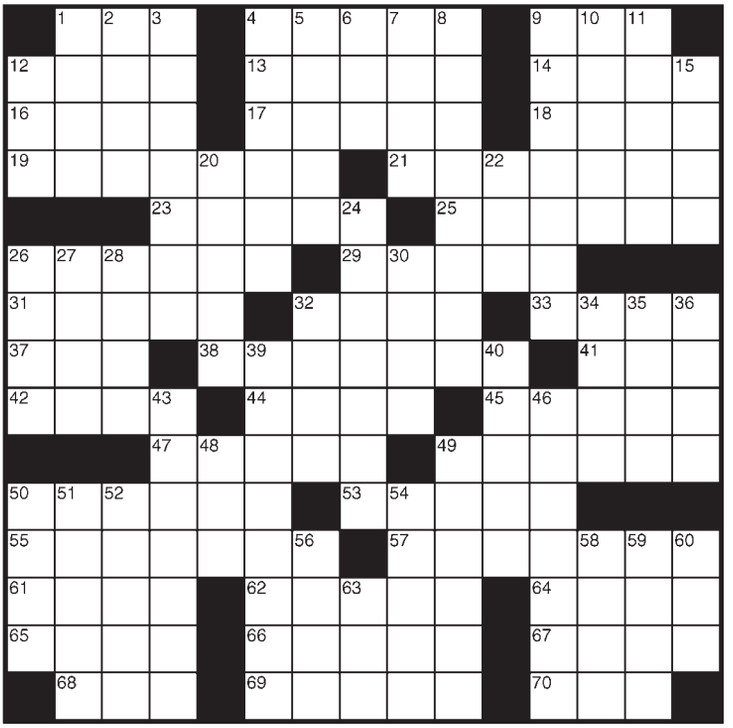

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Aries It's up to you to bring about personal or professional change. Explore new places and talk to people who have experience with something you want to do.

Taurus Personal growth will give you inner strength and the ability to disregard the ignorance of others. Control and practicality will be the tools that help you find success.

Gemini Filter your emotions when dealing with sensitive issues. Listen to what everyone has to say before you come to a conclusion. Your actions will speak louder than words.

Cancer Be careful how you deal with your peers or boss. Someone will try to make you look bad. Use your intelligence to outsmart anyone who gets in your way.

Leo Look for an opportunity to expand your knowledge and ability to get ahead. Make improvements to your home and take care of responsibilities pertaining to children.

Virgo Make sure to convey your message clearly. You won't want to leave any room for a misunderstanding. Be precise, direct and, above all, patient.

Libra Taking care of matters that concern a friend or relative will put you in a good position. Your kindness and generosity will boost your reputation.

Scorpio A business or educational trip will leave you questioning what you want to do next. Trust in your instincts and do your own thing.

Sagittarius Understanding what's required to reach your goal will help you avoid failure. Strategize cleverly and stick to your budget. You can make a difference if you are realistic.

Capricorn Getting involved in a joint venture should be considered carefully. Take your time and study the dynamics of a partnership before moving forward.

Aquarius Discipline and desire will help you bring about the changes that will make you feel good about your life. Making a move or working on your home will be uplifting.

Pisces Think twice before you take on a new position. Someone is likely to withhold information in order to mislead you.

EUGENIA LAST

Yesterday's answers

W	I	P	E		E	S	P	N		H	O	P	I	
H	O	A	X		T	H	O	U		A	M	A	N	A
I	T	C	H		H	E	W	N		T	I	L	T	S
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